

## CLAIMS

1. A soothing agent or a revitalizing agent containing protein hydrolysates by germinated soybean cotyledon-derived thiol protease and/or microorganism-derived serine protease.
2. The soothing agent or revitalizing agent of claim 1, in which the substrate protein is selected from the group consisting of casein, wheat protein, and dried bonito flakes.
3. A soothing food or a revitalizing food containing protein hydrolysates by germinated soybean cotyledon-derived thiol protease and/or microorganism-derived serine protease.
4. The soothing food or the revitalizing food of claim 3, in which the substrate protein is selected from the group consisting of casein, wheat protein, and dried bonito flakes.